



Letter of Information

Study Title:

University student mental health and well-being research:
Mental health literacy online course

Principal Investigator:

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Student Health Services
Department of Psychiatry
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Background and purpose of the study

You are invited to participate in a study examining the *acceptability and effectiveness an online mental health literacy course in supporting student well-being through improved knowledge and positive behavioural change*. This study is funded by a grant from the Mach-Gaensslen Foundation and has been reviewed for ethical compliance by Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board (HSREB).

What will happen in the study?

Your participation in this study is voluntary. If you decide not to participate this will not impact your course standing in anyway. If you decide to take part, you will be asked to complete electronic surveys prior to starting and immediately after completing the course. The first electronic survey includes questions about your demographic information (i.e. age, gender, ethnicity), mental health knowledge, level of stress, well-being, and lifestyle (i.e. sleep, substance use). You will be asked to complete another electronic survey immediately upon completion of the course and an optional survey 8 weeks later. Surveys after completion of the course will ask about mental health knowledge, level of stress, well-being and lifestyle.

Are there any risks to doing this study?

There are no anticipated risks associated with participating in this study. There may be some questions that are upsetting to you, you may skip these questions if you wish and still remain in the study.

Are there any benefits to doing this study?

Participants who complete the two electronic surveys before and immediately following completion of the course will be awarded an additional 2% to their final course grade. If you want to earn the additional 2% but not participate in the research, you can opt to complete a supplementary assignment, which takes equivalent time and effort to complete.

This course integrates current evidence and has been designed to improve mental health literacy and promote positive health choices. Further, we hope that the findings from this research will help develop and improve resources and services to support students.

Payment or reimbursement

Students who complete study measures at the two required time points (before and immediately following completion of the course) will be awarded an extra 2% to their final course grade up to a maximum grade of 100%.

Confidentiality and use of research data

Please be assured that your research data will be held securely and handled in strict confidence. The electronic surveys are hosted on a secure online platform (Qualtrics) in accordance with Queen's University data security requirements. Qualtrics survey responses are SSL encrypted and access to Qualtrics survey accounts, by authorized university personnel, are SSO/password protected.

Study data will be stored electronically on secure university computers. Encrypted password protected data files will be stored on password-protected university computers. Study data will be assigned a unique identifier so that individuals cannot be identified in any analysis. Reports of this study will use group data and will not discuss individual information. Only the research team will have access to the data. However, the HSREB may require access to study records to monitor the ethical conduct of the research.

Data will be securely stored on university servers for a minimum of 5 years after study close and anonymized data will be stored in a secure university research data repository indefinitely. We may collaborate with other researchers at other institutions to analyze de-identified data. Researchers from inside and outside of Canada can apply to access this de-identified information for research purposes.

What if I change my mind about being in the study?

Your participation is voluntary and you are free to withdraw at any time. Even if you choose to take part, you can withdraw from the study and have all your data removed without penalty and without giving a reason at any time until the point of publication. You just need to tell us by emailing flourish@queensu.ca. In cases of withdrawal, no new data will be collected from that point on. If you do not contact us to have your data formally withdrawn, we will retain the data you have submitted for analysis. If you do not want to answer some of the questions you do not have to, but you can still be in the study. Your decision whether or not to be part of the study will not affect your academic standing or your access to university services or resources.

How do I find out what was learned in this study?

This study is expected to complete by approximately September 2023. If you would like a brief summary of the results, please write to us by email to request information. We will share findings in manuscripts and through the Queen's Journal, social media and our website:

<https://www.queensu.ca/studentwellness/u-flourish>

Questions about the study?

Any questions about study participation may be directed to the investigators and their research team through the study email: flourish@queensu.ca. Alternatively, you could contact the lead investigator Dr. Anne Duffy at 613-533-2508 directly. If you have any concerns about your rights as a research participant please contact - Queen's University HSREB at 1-844-535-2988 (toll free in North America) or email HSREB@queensu.ca.

We want to thank you for considering taking part in this research! The responses you and other students provide will identify areas where we can improve education and health promotion resources to support well-being and academic success among university students.